Friendship Heights Village Center



Calendar of Events 2017

S E M E R **SUNDAY WEDNESDAY THURSDAY SATURDAY MONDAY TUESDAY FRIDAY** A Note from the Program Directors 9:15 a.m.: Drop-in Tai Chi 8:15 a.m.: Walking Club As a courtesy to our speakers, authors and performers— 10:30 a.m.: Coffee and 9 a.m. - 1 p.m.: Twin Springs Farm Market Turn off cell phones Current Events 9:30 a.m.: Photography for • Do not take food or drink into the auditorium Children (make-up class) 10:30 a.m.: Basic · Arrive on time for all events Photography (make-up class) • Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided. 9:15 a.m.: Drop-in Tai Chi 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club 9:30 a.m. - 1:30 p.m.: Coffee **Labor Day** 10:15 a.m.: Yiddish 8:15 a.m.: Walking Club 10:30 a.m.: Coffee and 9 a.m. – 1 p.m.: Twin and Sunday Papers **Center Open** 11 a.m.: Chair Exercise 11 a.m. - 4 p.m.: Village 12 – 4 p.m.: Blood Pressure Springs Farm Market Current Events 12 p.m.: Chess group Playtime 9 a.m. to 2 p.m. Screening 10:30 a.m.: Balance, 9:30 a.m.: Photography for 5:30 p.m.: Community 1 p.m.: Tea and Talk: Joan 1 p.m.: Balance and Fall 10 a.m.: Great Books Children Advisory Committee Mtg. Movement and Memory Hart on the East Wing Prevention 2 – 4 p.m.: Nurse Specialist 10:30 a.m.: Basic 6:45 p.m.: Acrylic or Oil 7 p.m.: Concert: Rock Shuttle bus runs on Photography 7 p.m.: Movie: My Cousin 3 - 4 p.m.: Tea weekend schedule Rachel 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure 9:10 a.m.: Yoga 9:30 a.m.: Tai Chi Intro. 9:15 a.m.: Drop-in Tai Chi 9:30 a.m.: Tai Chi Ongoing 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club 9:45 a.m.: Depart for the 9:30 a.m. - 1:30 p.m.: Coffee 10 a.m.: Great Books 10:15 a.m.: Yiddish 10:30 a.m.: Coffee and 9 a.m. – 1 p.m.: Twin 12:30 p.m.: Bridge Club NGA East Wing and Sunday Papers Screening Current Events Springs Farm Market 11 a.m.: Chair Exercise 1 p.m.: Strength Training
7:30 p.m.: FRIENDSHIP 1 p.m.: Balance and Fall 12 p.m.: Chess group 11 a.m. - 4 p.m.: Village 9:30 a.m.: Photography for 11:30 a.m. - 1:30 p.m.: 10:30 a.m.: Balance, Art Reception Prevention 1 p.m.: All in the Eyes Movement and Memory Children Playtime HEIGHTS VILLAGE 2 p.m.: Speech Therapy and 10:30 a.m.: Basic 1 p.m.: Suburban Lecture: 11 a.m.: Still Life and 1 p.m.: Abstract Painting **COUNCIL MEETING** Support Group 2 – 4 p.m.: Nurse Specialist Beyond Photography Diabetes 5:30 p.m.: Program 6:45 p.m.: Acrylic or Oil 3 - 4 p.m.: Tea Advisory Committee Mtg. 7 p.m.: Movie: Snatched 6:30 p.m.: Pilates 7 p.m.: Concert: PEAR 17 19 20 18 23 9:15 a.m.: Drop-in Tai Chi 9:30 a.m.: Tai Chi Intro. 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi Ongoing 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club 9:10 a.m.: Yoga 11 a.m.: Village Book Club 10:15 a.m.: Yiddish 10:30 a.m.: Coffee and 9:30 a.m. - 1:30 p.m.: Coffee 10 a.m.: Great Books 11 a.m. - 4 p.m.: Village 9 a.m. – 1 p.m.: Twin 11 a.m.: Chair Exercise Current Events 12:30 p.m.: Bridge Club 12 – 4 p.m.: Blood Pressure Playtime Springs Farm Market and Sunday Papers 10:30 a.m.: Balance, 12 p.m.: Chess group 1 p.m.: Strength Training Screening 11 a.m.: Still Life and 9:30 a.m.: Photography for 1 p.m.: All in the Eyes Movement and Memory 1 p.m.: Balance and Fall 7 p.m.: Café Muse Beyond Children No Concert 1 p.m.: Abstract Painting Prevention 2 – 4 p.m.: Nurse Specialist 6:45 p.m.: Acrylic or Oil 10:30 a.m.: Basic 7 p.m.: Movie: Certain Photography 3 - 4 p.m.: Tea Women 6:30 p.m.: Pilates **24** 9:10 a.m.: Yoga 9:30 a.m.: Tai Chi Ongoing 9:30 a.m.: Tai Chi Intro. 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club 10 a.m.: Vision Support 9:15 a.m.: Drop-in Tai Chi 8:15 a.m.: Walking Club 9:30 a.m. – 1:30 p.m.: Coffee 12 – 4 p.m.: Blood Pressure 10:15 a.m.: Yiddish 10 a.m. - 2 p.m.: MVA 10:30 a.m.: Coffee and 9 a.m. – 1 p.m.: Twin and Sunday Papers Mobile Office 11 a.m.: Chair Exercise Screening Current Events Springs Farm Market Group 10 a.m.: Great Books 1 p.m.: Balance and Fall 12 p.m.: Chess group 10:30 a.m.: Balance, 9:30 a.m.: Photography for 11 a.m. - 4 p.m.: Village 1 p.m.: All in the Eyes 12:30 p.m.: Bridge Club Prevention Movement and Memory Children Playtime 2 – 4 p.m.: Nurse Specialist 1 – 4 p.m.: Flu Shots 1 p.m.: Strength Training 11 a.m.: Still Life and 1 p.m.: Abstract Painting 10:30 a.m.: Basic 7 p.m.: Concert: Ellen Photography 2 p.m.: Tea and Talk with 3 - 4 p.m.: Tea Beyond **Roz Warren** 6:30 p.m.: Pilates Tenenbaum 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Beatriz at Dinner **Shuttle bus hours** Live theater at the Village Center



Monday through Friday Saturday and Sunday

6:40 a.m. to 9:40 p.m. 8 a.m. to 7 p.m.

Village Center Hours

Monday through Thursday 9 a.m to 9 p.m. Friday 9 a.m. to 5 p.m. Saturday and Sunday 9 a.m. to 2 p.m. Enjoy a delightful hour of play reading performances by Seniors on Stage, a group of amateur senior actors in Montgomery County, at the Village Center on Wednesday, Oct. 4, at 1 p.m.

The actors will perform staged play readings by local as well as more well-known playwrights (Oscar Wilde and others). Please let us know you are coming by calling 301-656-2797.

Can ya Canasta?

If you are interested in a regular weekly game of Canasta at the Village Center, please call Len and Harriet Belkin in the Willoughby at 301-951-8549.